



A.D. 2023

Adams Digest, a Publication for the 21st Century



Chairman's Column

Adams Amble

Well, all the planning, sleepless nights, stressful times paid off. Derek, Ladies Night was a huge success.



We were honoured with the appearance of National President Jim Conway, Ladies Chairman Sian-Ellen, a whole table of Ringwood Round Tablers as well as a full

compliment of my guests, visiting guests and our lovely Ladies. All entertained by two Showdancers, Dean Martin (looking good for his age) and Elvis (ageless).

The atmosphere was great from the start, just perfect with lovely food, plenty of fellowship at the Captain's Table.

"...he is a true hero, an example..."



At the last Club Meeting, it was my honour to host a Very Special Evening at the Old Beams. The Melvyn's Mug Trophy was 'tweaked' to allow Club the opportunity to make it a Phelps Exclusive as he has been 70 years in the Round Table movement. He joined Round Table at the age of 19.



I think he is a true hero, an example and really loved by us all. 'Well done David, what a fantastic achievement, by a fantastic man'.

I wish to thank you all for your support, my Council, thank you very much for your great help, many grateful thanks to Ladies Circle and by no means least, thanks to my Suzi. She has really helped me and been so supportive.

I know my finale will be at the next Club Night when I hand over my Chains to Derek Scott who will make a great Chairman. Until then, thank you everybody, thank you for your support. The Toast is 'Ringwood Ex-Tablers Club reigns strong and is still in perfect working order'.

John



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Tangent Twitter



We started the month with our Dinner Meeting at the Old Beams. Suzi and John Adams were our speakers. What a fun time they had as Mayor and Mayoress-I should have loved to have had tea in the Mayor’s parlour! Thank you Sue, for organising

I attended Bournemouth No1’s 73rd Birthday Lunch in the middle of the month and sat on the same table as our National President. It was lovely to see so many familiar faces from Area Circle events years ago. Sadly, at the meal, I learnt that Wimborne Tangent look like closing.

I attended Ladies Night at the Captain’s Club, on your behalf, enjoying good food, good company and super entertainment. Friendship was

definitely the golden thread that ran through the evening.

A number of us had a lovely trip to the Mayflower to see the Strictly Ballroom Musical. Sadly the two lead names were unavailable on the night but we had a good time and we all thought that the Spanish dancer was incredible.

Many of us attended Sue Anderson’s Thanksgiving Service at Christchurch Priory. It was a gracious service befitting a gracious lady. Joan Brown, our other Tangent loss this year and a Founder Member of Ringwood Tangent was having a private ceremony and she is honoured in this magazine. My thanks go to Jean Phelps for this.

“...look forward to next week’s Dinner...”

Tangent Dates

March 2023:

8th Dinner Meeting (Old Beams)
24th Birthday Party

April 2023:

12th A.G.M. (Old Beams)



Talking of Jean, I gave her husband, David, a congratulations card on behalf of all of us to celebrate David’s 70th year as a Round Tabler/ 41 Club member. Ringwood Ex-Tablers organised a whole event centring around David in February.

BBC reports Twitter can’t protect you from trolls, disinformation and harassment. Independent investigation by AD2023 can confirm Tangent Twitter is safe, reports are accurate and harassment is only from the Treasurer when subs are paid late.



I look forward to next week’s Dinner meeting with the speaker, a Magistrate (Chika Udezue) organised by Sue. I have always imagined Magistrates to be very level headed people and I look forward to finding out if that is true. [You have not met Bob Merrett—Ed].

I am very excited for our Tangent Birthday Party on the afternoon of 24th March at Ellingham Church Hall. Please book in with Lindy if you wish to attend. Lifts can be arranged.

Our AGM is on Wednesday, 12th April at the Old Beams. I do hope that as many of you as possible will attend to vote in the new committee-all looks good in that respect!

A number of our members are attending the National AGM in Jersey. Lynne Mursell has kindly volunteered to be our voting member. I do hope that everyone has lots of fun. Next year’s AGM is in Liverpool and I have already put the date in my diary.

I am sure that all of you are enjoying the signs of Spring that are emerging at the moment. It makes one feel so positive! I look forward to seeing you all again soon.

Yours in Continued Friendship
Siân-Elen

Joan Browne

It was with much sadness that we learnt that Joan had passed away in her Nursing Home on 29th January. We send our sincere condolences to Deborah, Fiona, Robin and Martin and all other members of her family.. She had seven grandchildren and seven great grandchildren.

Joan had been a very active and hardworking member of Ringwood Ladies Circle and Tangent both of which she was a founder member. She was Chairman of Ladies Circle in 1962 and Tangent in 1982, Area chairman of Ladies Circle in 1968.

Joan was born in London and after she left school she attended an Art college.

She later worked for Glaxo Kline.

Joan was a very artistic person and she painted the models on paper patterns used in dressmaking.

Joan met Peter at amateur dramatics in Worthing and they soon got married, where Peter had a Dental Practice however they soon moved to Selsdon in Ferndown when Peter joined a Practice in Kinson.

They both became involved in the Round Table, Ladies Circle movement.

In 1974 Peter took a year's sabbatical from Dentistry and the family went to live in Portugal.

On return from Portugal Peter decided he would build a large sailing boat in their front garden.

Joan was not happy about this, and the boat took over their lives, Peter spending every working moment on its construction. However it was an amazing accomplishment and was an amazing boat..Joan used her talents in wood carving to decorate the internal cabins.

After the boat was launched the family enjoyed many happy days sailing and latterly they crossed the Channel to navigate the French Canals through to the Med.

Joan had a very artistic flair and always looked very stylish.,an excellent cook and very hospitable and many great parties were held at Selsdon .

Joan and Peter decided that a smaller house would be more suitable and they moved to April Cottage in Ringwood where Peter sadly died in 1992.

Joan continued to live at April Cottage until later the garden became too large and she moved to her present address.

An amazing lady still driving when she was 90!



From The Meal Shack

Sponsored by [The Anderson Shelter](#)



Our next meeting is our AGM on Tuesday 21st March 2023 at the Old Beams.

Do you want to miss our new Chairman Derek Scott being inducted into the Chair?

So please do your best to attend, I am sure the Treasurer's report always uncovers some arguments (sorry Steve).

I remember the days when we debated for half an hour if the subs should go up by a shilling!!

Usual arrangements for booking please.

David Phelps
Meals Monitor

Diary in Brief or A Brief Look Into The Future

March 2023

Tuesday 7th
Tavern

Ex-Tablers Lunchtime Meeting, 12 for 12:45 The London

Wednesday 8th

Tangent Meeting, The Old Beams Inn, 7pm for 7:30pm

Tuesday 21st

Club's AGM at The Old Beams Inn, 7pm for 7:30pm

Wednesday 24th
30th—2nd

Tangent Birthday Party

41 Club & Tangent National Conference—Jersey 2023

April 2023

Saturday 1st

41 Club Annual General Meeting 2023

Wednesday 12th

Tangent AGM

Tuesday 18th

Club Meeting. FryFilm Production a talk by Ex-Tabler John Fry

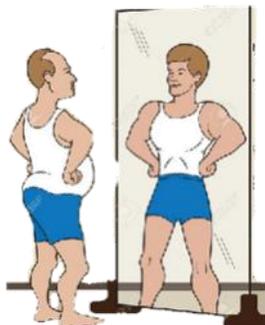


October 2023

Wednesday 11th Region 23 Annual Quiz-Cobhams Sports & Social Club

AGM Tuesday 21st March





Get Happy, Get Active

It's the perfect time to get active. No matter how much you do, physical activity is good for your body and mind. Adults should aim to be active every day. Some is good, more is better.

A daily brisk walk can give your body a boost, lift your mood and make everyday activities easier.

Take Care Of Your Mind Too

Your mental wellbeing is just as important as your physical health. Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of a mental illness—it's essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support



Why Should I Get Active

Being active is good for your mind and body. Every minute of activity counts and the more you do the more you'll benefit.

Exercise can:

- Help you feel more energized
- Burn more calories at rest
- Improve overall appearance
- Be able to withstand stress
- Decrease risk of illness
- Speed up recovery from injury or surgery
- Keep focused
- Build up cardiovascular endurance
- Improve flexibility
- Increase lean body mass

Eat Healthier

As well as regular exercise, making healthier food choices will also help shed the pounds.



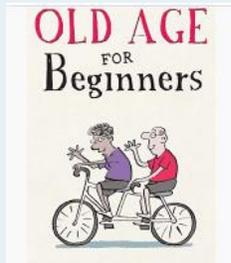
- Base your meals on higher fibre starchy carbohydrates. ...
- Eat lots of fruit and veg. ...
- Eat more fish, including a portion of oily fish. ...
- Cut down on saturated fat and sugar. ...
- Eat less salt: no more than 6g a day for adults. ...
- Get active and be a healthy weight. ...
- Do not get thirsty. ...
- Do not skip breakfast.

Make a start today— it's never too late!



Poulner Freefall Bikers Get Active a bold vision for cycling and walking.

Advise for Freefall Bikers
Life is like riding a bicycle.
To keep balanced you must
keep moving forward.



You don't stop cycling when you get old.

You get old when you stop cycling



My dog chases everyone on a bicycle. What can I do?
'Take his bike away'



Jeff's Gentleman's Ski Pole

Pedalling through life towards their next fall, Poulner Freefall Bikers found a safe Sunday activity, 'walking'. Unfortunately, they did not share this with John, who promptly fell at the first bench.

This being their first walk, Ian and Richard brought their ski poles, but sensibly left the skis at home. Meanwhile, Jeff brought his ski pole flask which was very handy at the comfort break.



Next month -Cycling With Arthritis

Ladies Night Friday 17th February



DON'T you dare!!



Ian had not noticed the Vegas sign



I've made a big faux pas, my socks match the colour of your dress!!!



I have similar!!



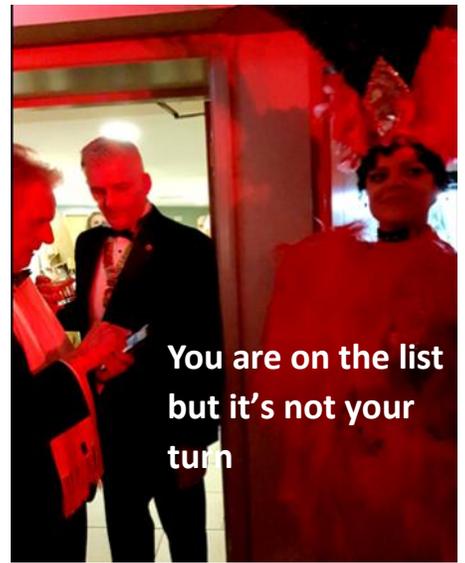
White Wine, Red Wine, Award Winning Editor







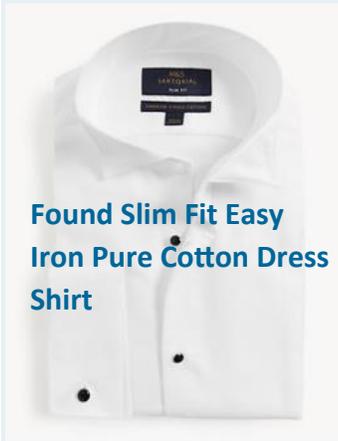
Vegas Nights Christchurch





Ladies Night
Friday
17th February





Found Slim Fit Easy Iron Pure Cotton Dress Shirt

The Lord said to John,
"Come fourth and you shall receive eternal life".
But John came fifth and received a toaster.

Please tell me what LGBTQ+ means?
Nobody is giving me a straight answer.

The maths teacher called me average.
That's mean!



Lost and Found

After Ladies Night swan necked Ian realised he had been wearing an M&S dress shirt with a 17.5" collar size and a safety pinned yellow laundry tag on the tail.

He has never worn or owned a 17.5" shirt and Jenny has never allowed his shirts to be laundry washed!!

How did it come to be in his wardrobe?

Is it yours or do you know who it could belong to??

Answers in sealed envelopes please.

Ian

TANGENT BIRTHDAY PARTY
2.30 – 4.30 pm Friday 24 March: Ellingham Church Hall

Tangent Ladies: please join us for Full Afternoon Tea to celebrate Tangent's 42nd Birthday



please book in with
Lindy Quint 01202 709709 M: 07778 527532
lindyquint@btconnect.com

£7 per person – pay on the day

Please contact a committee member if you would like a lift

Letter to the Editor

Sir,
On reviewing Chairman John's year, I think it is fair to say he played a blinder as well as the bagpipes, the guitar...
YiCF
Anonymous



I give you Ringwood & District Ex-Tablers, one and only David Phelps the Mag. It has been 70 years in the making and is now available exclusively at www.ringwood-extablers.org



A.D. 2023 17th March 1953
Tuesday

News * Cost of Living * Sports * ~~Technology~~ * & More

70 Years Ago Back In 1953

Tuesday 17th March 1953, 19 year old David Phelps joins Crewkerne Round Table

When I joined Table you could only get Newcastle Brown Ale

- Tuesday 17th March 1953-St Patrick's Day
- Hugh Hefner publishes first issue of Playboy.
- World Population Hits 2.6 Billion.
- Sir Winston Churchill was the Prime Minister.
- Dwight D. Eisenhower was US President.
- Number One Song in the UK : She Wears Red Feathers—Guy Mitchell
- The World of the Worlds was one of the most viewed movies released in 1953.
- The Silver Chalice by Thomas B. Costain was one of the best selling books.
- Tenzing Norgay had not reached the Summit of Mount Everest. He did on 29/05/53.
- The Income Tax exemption limit was £135.
- The dog licence was 7s 6d.
- A Member of Parliament was paid a salary of £1,000.
- 1953 saw the release of the first polio vaccine.
- Joseph Stalin had just died.
- There was only one television channel.
- A gallon of petrol cost 4s 6d (22p in todays money)

70 Years
840 Months
25566 Days
613606 Hours
36816413 Minutes
2208984819 Seconds
OF BEING AWESOME

41 Club
By Richard Stockdale

1

WANTED

Do you have a child's wheelbarrow hidden away at the back of your garage .



If so we have Charlie 3 who loves to help Grampy Stockdale in the garden and would really love it .

Please reply to Jenny (Stockdale)

I JUST WANT TO
work in my
GARDEN
and
HANGOUT
with my
Grampy



Faster
Grampy
Faster



Sporran Envy

